

Convenient Truths

Each of Us Can Make a Difference



Purchase Organically Certified food

Use cloth
bags

Acorn Squash \$1.99 lb	Delicata Squash \$1.99 lb	Butternut Squash \$1.99 lb	Spaghetti Squash \$1.99 lb	Carnival Squash \$1.99 lb	Red Kabocha Squash \$1.99 lb	Butternut Squash \$1.99 lb
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Eat food in
season





Purchase locally grown foods



Seek imported products
that are Fair Trade or
Equal Exchange
Certified



Purchase products
with minimal
packaging

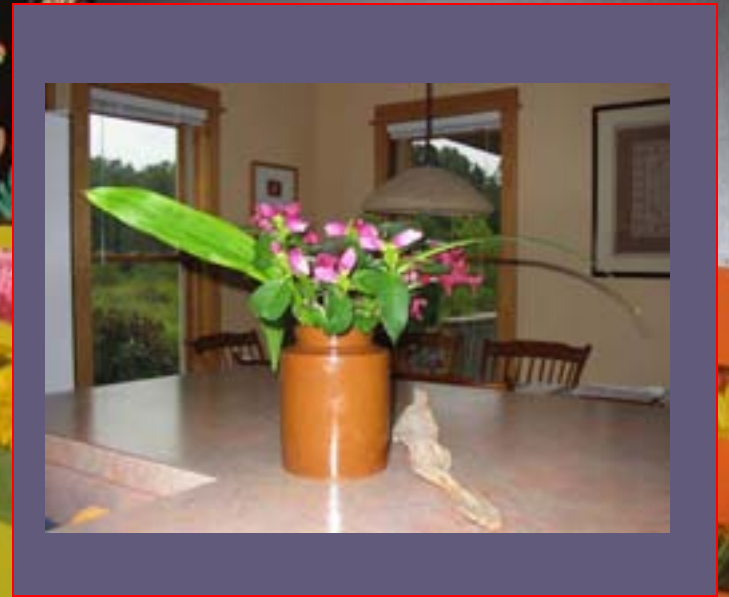
Eat low on the food chain



If you take vitamins and other supplements, purchase organically certified products



Pesticide-free
Bouquets



Purchase pesticide-free flowers or gather them
from your own organically managed yard



Purchase eco-
friendly make-up
and body care
products

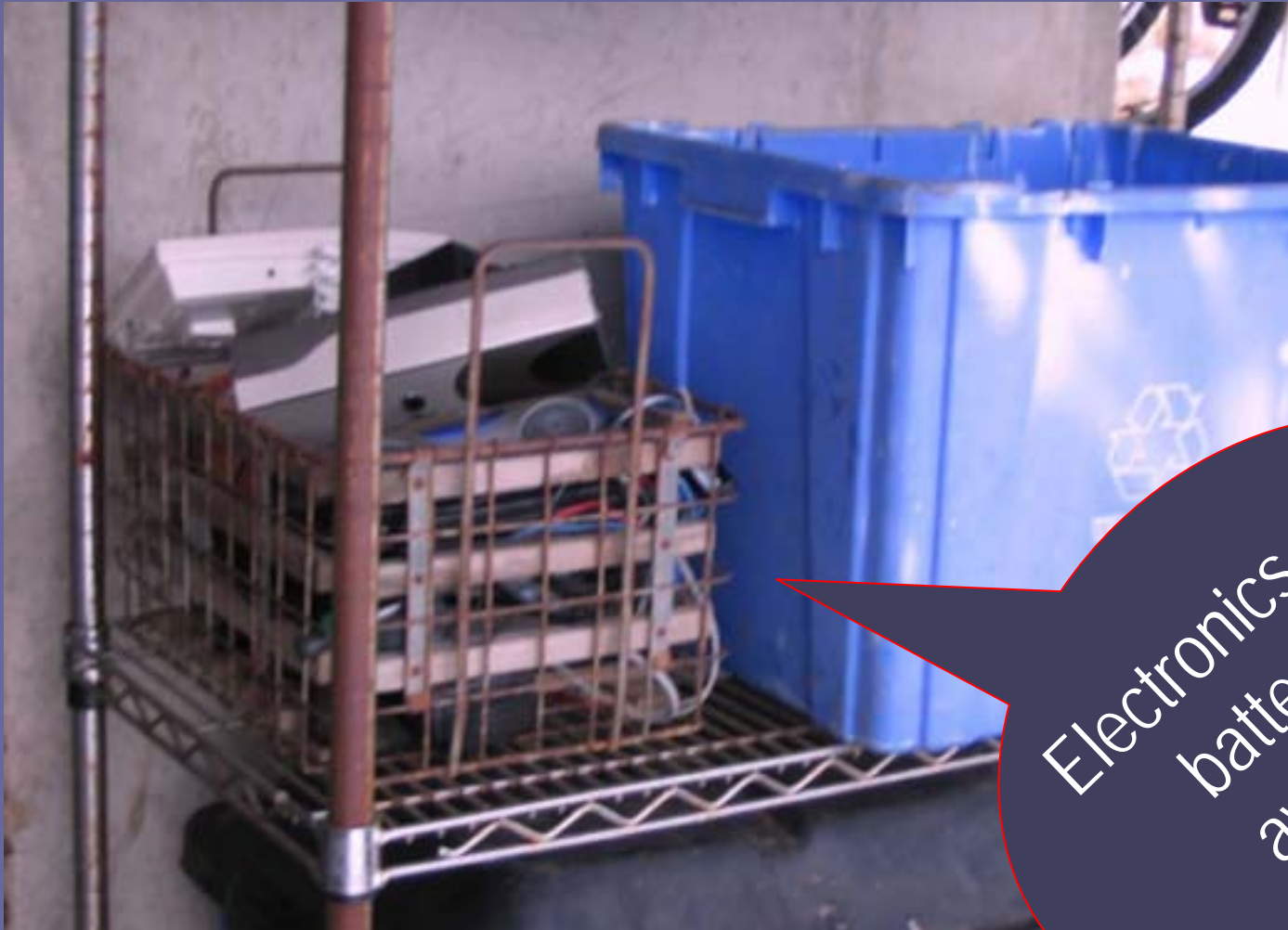
Use environmentally
friendly cleaning and
laundry products



Compost



Recycle; dispose of used batteries, printer cartridges, electronics, etc. at specific recycling sites

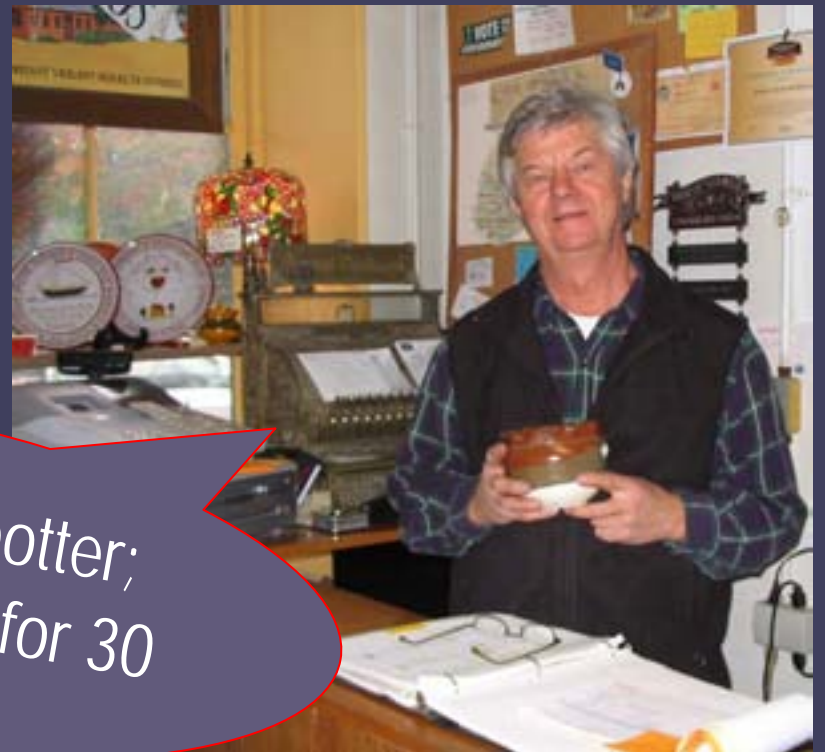


Electronics and
batteries
awaiting
recycling

•BODMERS•

Purchase locally produced products

*"My wife's the potter;
we've been here for 30
years."*



Dear Tena

12/16/06



Thank you for choosing the organic cotton standard pillow from our organiccottonalts.com site. Your pillow will be shipped Monday Dec. 17, and you will receive e-mail notification of the tracking numbers.

Sincerely,

Lois Hamamoto

Organic Cotton Alternatives

<organic@swcp.com>

Purchase
organically
grown textile
products

Plant trees and
promote natural
regeneration

Opposite sides of same tree line

Minimize mowing



If you celebrate
with a
Christmas
tree, purchase a
live tree, then
plant it



A photograph of a garden filled with various native plants. In the foreground, there are green leafy plants and some pink flowers. In the background, there are trees with green and reddish leaves, and a white fence. A text box is overlaid on the image.

Select native plants for your garden



Plant edible
landscape



Avoid purchasing invasives; remove invasives from your property; patronize native plant nurseries



If you have a bird feeder, use only seed from non-invasive plants

Minimize
lawn and
non-
permeable
surfaces to
promote
absorption of
rain and
reduce runoff



Visiting skunk
in the
raspberry
patch



Turn your yard into
habitat for native
critters

Offer your organically managed land as
sanctuary for rescued natives





Learn about the natural world

Install and
maintain gravel
roads



*Air
emissions*

Minimize
paving



Minimize
burning

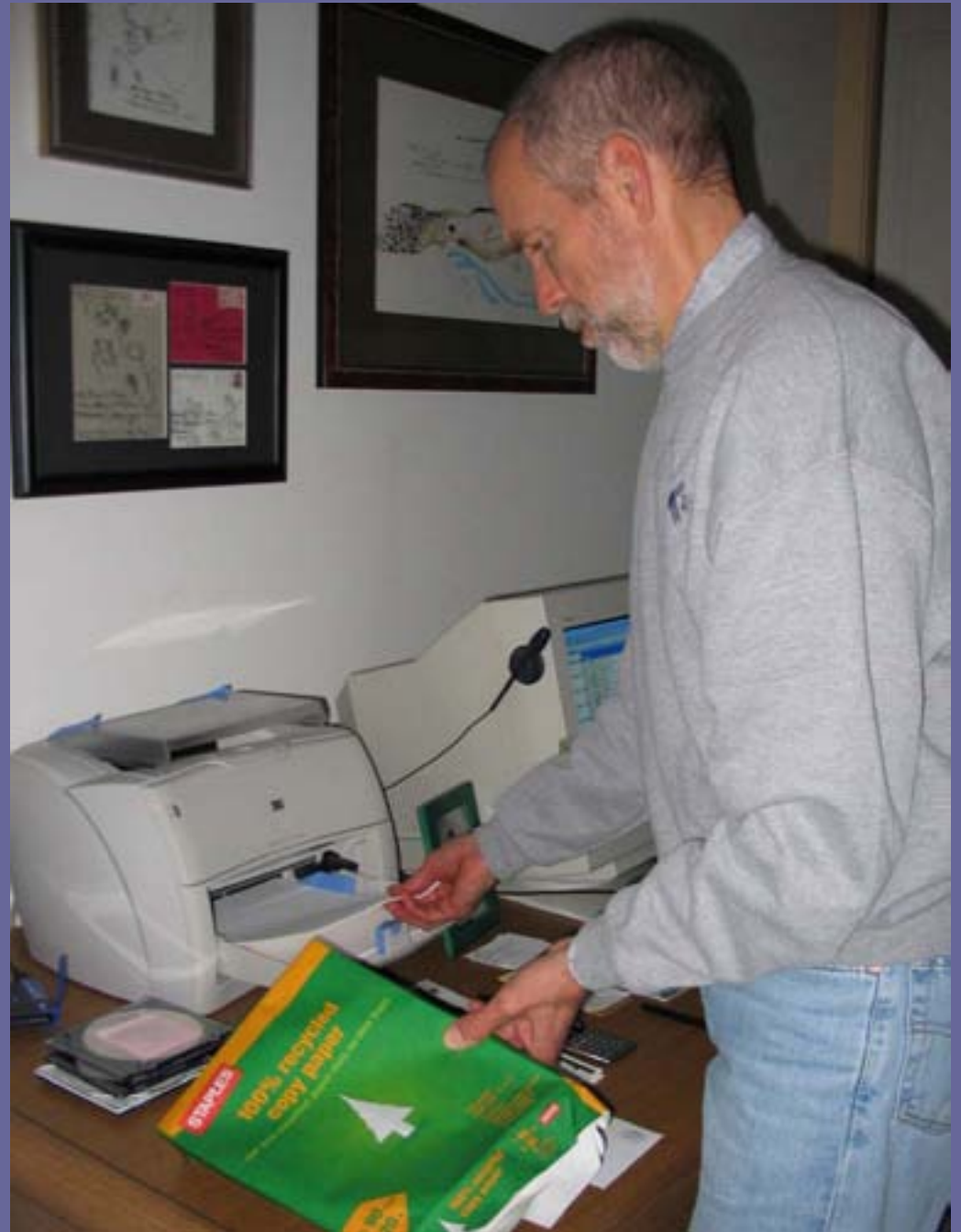


Air
emissions



Use an electric lawnmower

Use eco-friendly
office products





Recycle wrapping paper, magazines, cards, artwork, maps, calendars - tap your creativity



Install and use airlocks at
high traffic entrances



Compost
bucket

Lower the cold weather thermostat and dress in layers;
raise hot weather thermostat

Use ceiling fans
to lessen need
for air
conditioning



Install a geothermal
heat pump



A photograph of a two-story house with light gray horizontal siding and white window frames. The house has a dark gray shingled roof. On the left side of the roof, there is a row of six blue photovoltaic solar panels. The house has several windows, including a large double window on the second floor and a smaller window on the first floor. A wooden deck is visible on the right side of the house. The background shows bare trees and a clear blue sky.

Photovoltaic
panels

Decentralize infrastructure



Use natural light for tasks
whenever possible

When artificial light is necessary, use task lighting to illuminate limited area, rather than illuminate whole room



Patronize thrift shops



Use compact
fluorescent light
bulbs



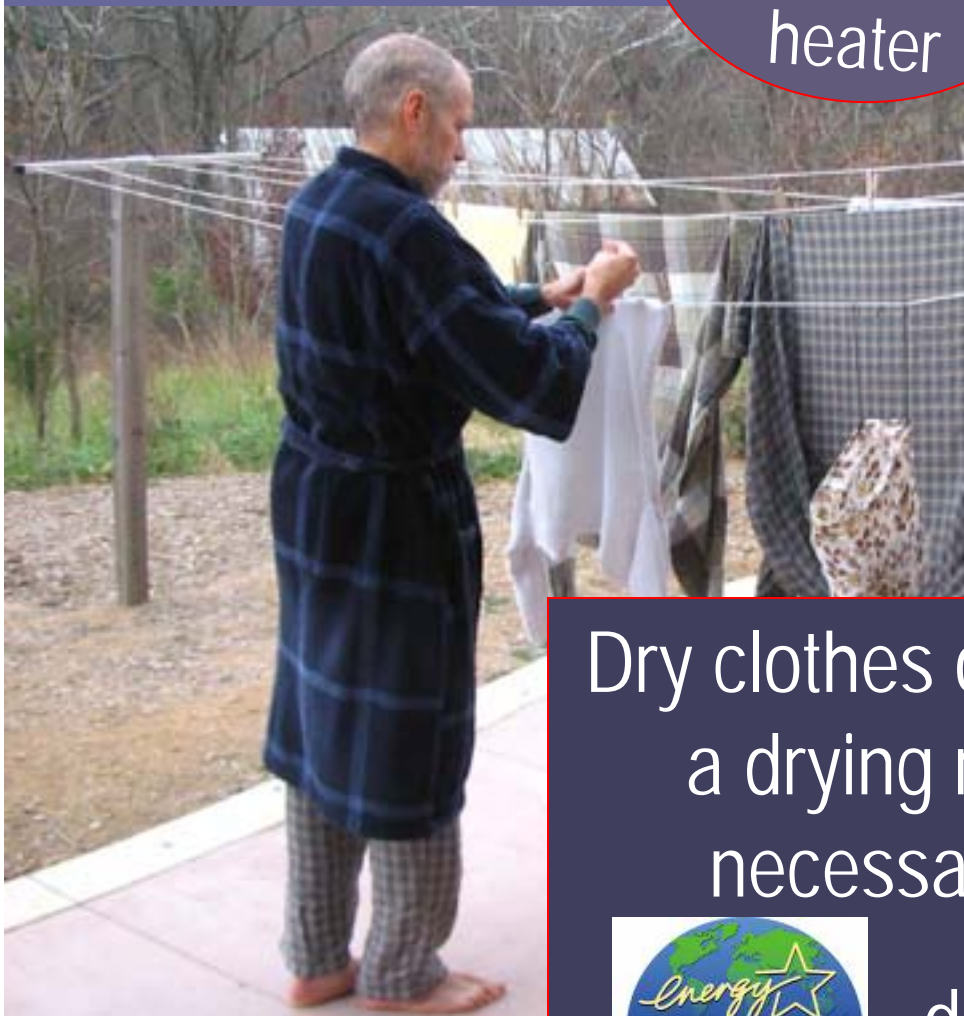
Neighbor's
house at
night



My
house
at night

Use full cutoff
exterior lighting

Insulate
hot water
heater



Dry clothes outdoors, on
a drying rack, or if
necessary, in an



dryer



Install low
water use
plumbing
fixtures

Install a secondary treatment system to treat wastewater



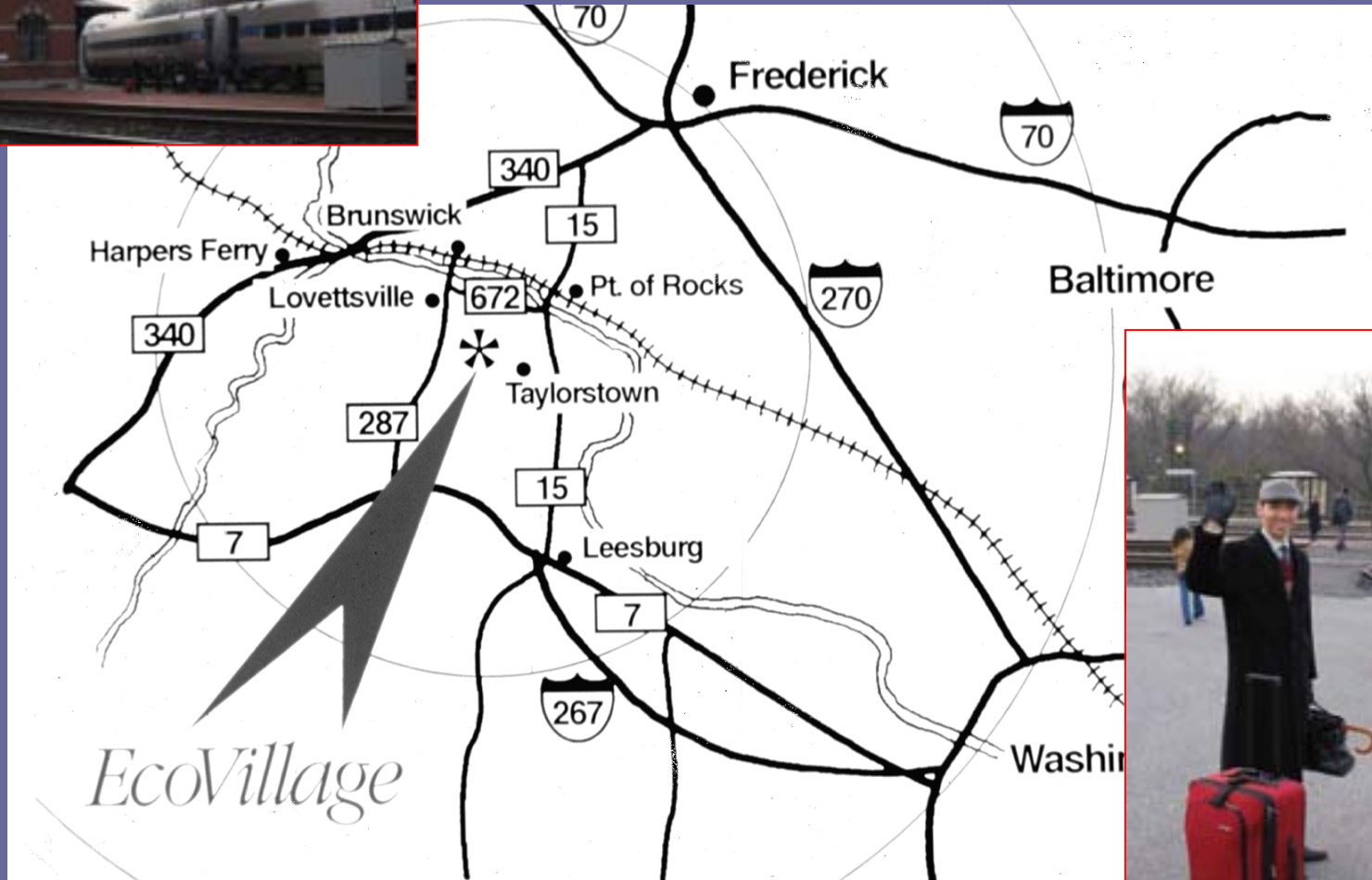
Telecommute



Bicycle; promote bike lanes



Locate near public transportation
and use it





Use hybrid or electric vehicles (my wife's solution)

My solution – buy durable
and keep it forever



In any case, maintain your vehicle



See to my above total amount
according to cardholder agreement.

[Signature]
DATE: 08/08/07

Work# 703-431-7353
Authorized by POH:

Item Description	Qty	Price Each	Extended
or \$10 off your next oil change *****			
complete the survey at WWW.TKCARES.COM			
ed for survey is 69592270 00001 *****			
Sigma Regent	4	73.99	295.96
DOT # 36 2 3506 1 3606 1			
5 P185/70R14 87S, 9M-35			
USA70,000 MILE			

MD Tire Recycling Fee	MD Tire Recycling Fee	3.20	3.20
TTS	TOTAL-CARE TIRE SRV	4 16.50	66.00
LBS	LIFETIME WHEEL BAL	4	
VSR	RUBBER VALVE STEM WHEN NEEDED	4	
	INCLUDES INSTALLATION		

KMTSL			
LTRF			
*WA			64.99

MSG	MasterCard		459.93-
MASTERCARD	CARD NUMBER 3764 APPR 055061		

PLEASE READ CAREFULLY, CHECK ONE OF THE STATEMENTS BELOW, AND SIGN:

I UNDERSTAND THAT, UNDER STATE LAW, I AM ENTITLED TO A WRITTEN ESTIMATE IF MY FINAL BILL WILL EXCEED \$25.

☐ I REQUEST A WRITTEN ESTIMATE.

☐ I DO NOT REQUEST A WRITTEN ESTIMATE AS LONG AS THE REPAIR COSTS DO NOT EXCEED \$_____.

THE SHOP MAY NOT EXCEED THIS AMOUNT WITHOUT MY WRITTEN OR VERBAL APPROVAL.

☐ I DO NOT REQUEST A WRITTEN ESTIMATE.

Pay to have your used tires recycled

At every opportunity, leave your car behind -----walk



Engage in sports that burn only your body fuel – cross-country skiing, walking, biking, hiking, climbing, roller skating, ice skating, etc.



Cook at home



Make sure the burner size fits the pot



incorrect



correct



Develop a local friendship network

A background image of pink flowers, possibly hydrangeas, with green leaves. The image is framed by a dark blue border.

electric lawnmowers

electric weed whackers

long-reach window washer

electric meter

garden tools

power tools

ladders

pick-up truck

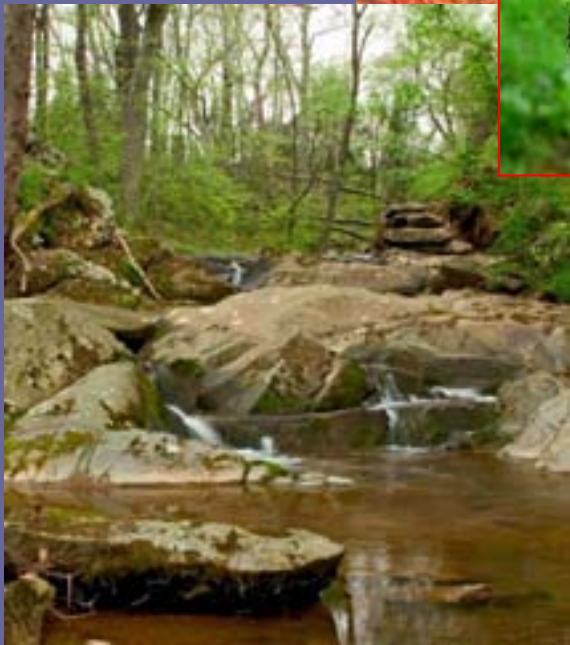
Share STUFF

Hold potluck dinners with neighbors



minimize
disposables

Simplify



let go of STUFF and get outdoors



Orient buildings to the elements –
it's not a new concept

Build using passive
solar design



Construct LEED® Certified buildings;
advocate for public buildings to be
LEED® certified



Design home with multi-use spaces to consolidate space requirements

mudroom serves
as pantry →



← hallway
serves as
library, music
room, winter
plant storage



1st floor bedroom

If you're building or rehabbing your home, employ universal design to make your home usable over the course of your lifespan



Install “smart” windows



Insulate, insulate, insulate (AND install air to air heat exchanger to assure healthy indoor air quality)

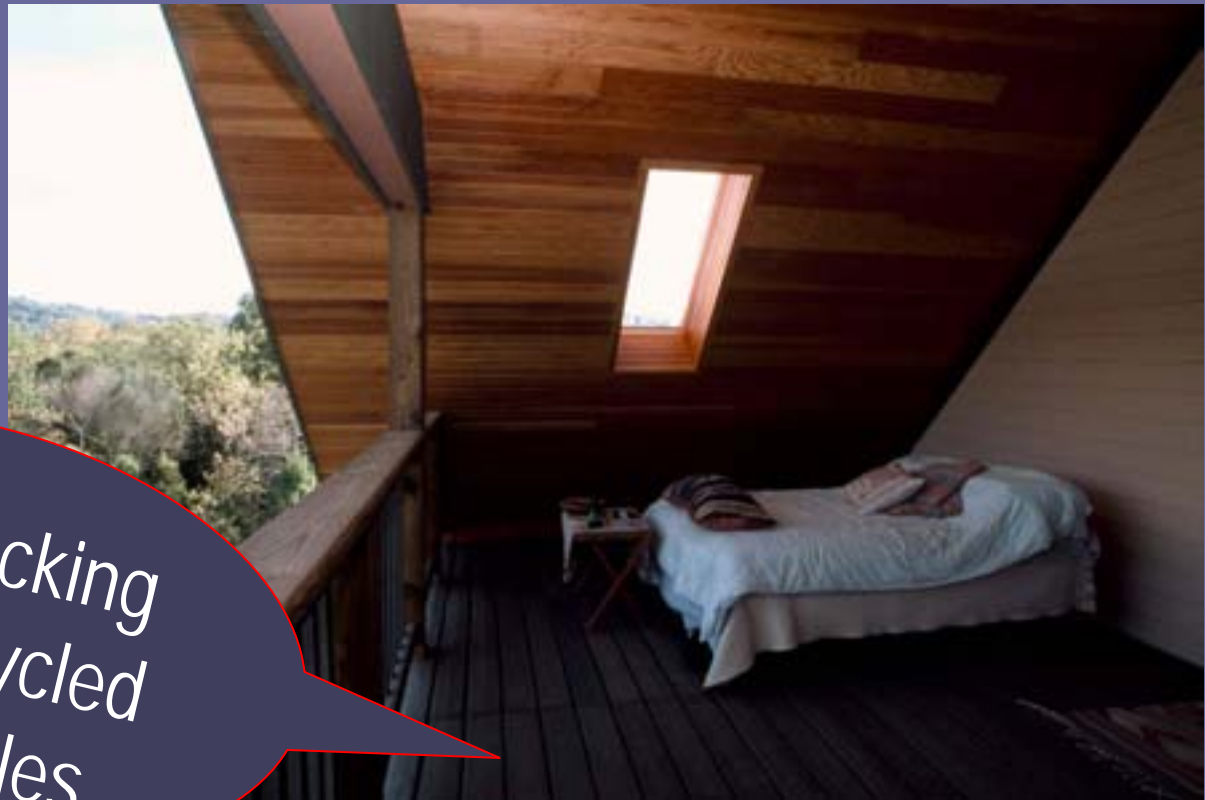
R 40 roof, R 24 walls



Use Forest
Stewardship Certified
wood



Use recycled material for porches and decks



Trex decking
from recycled
pop bottles

Use recycled material for flooring



Natural
linoleum

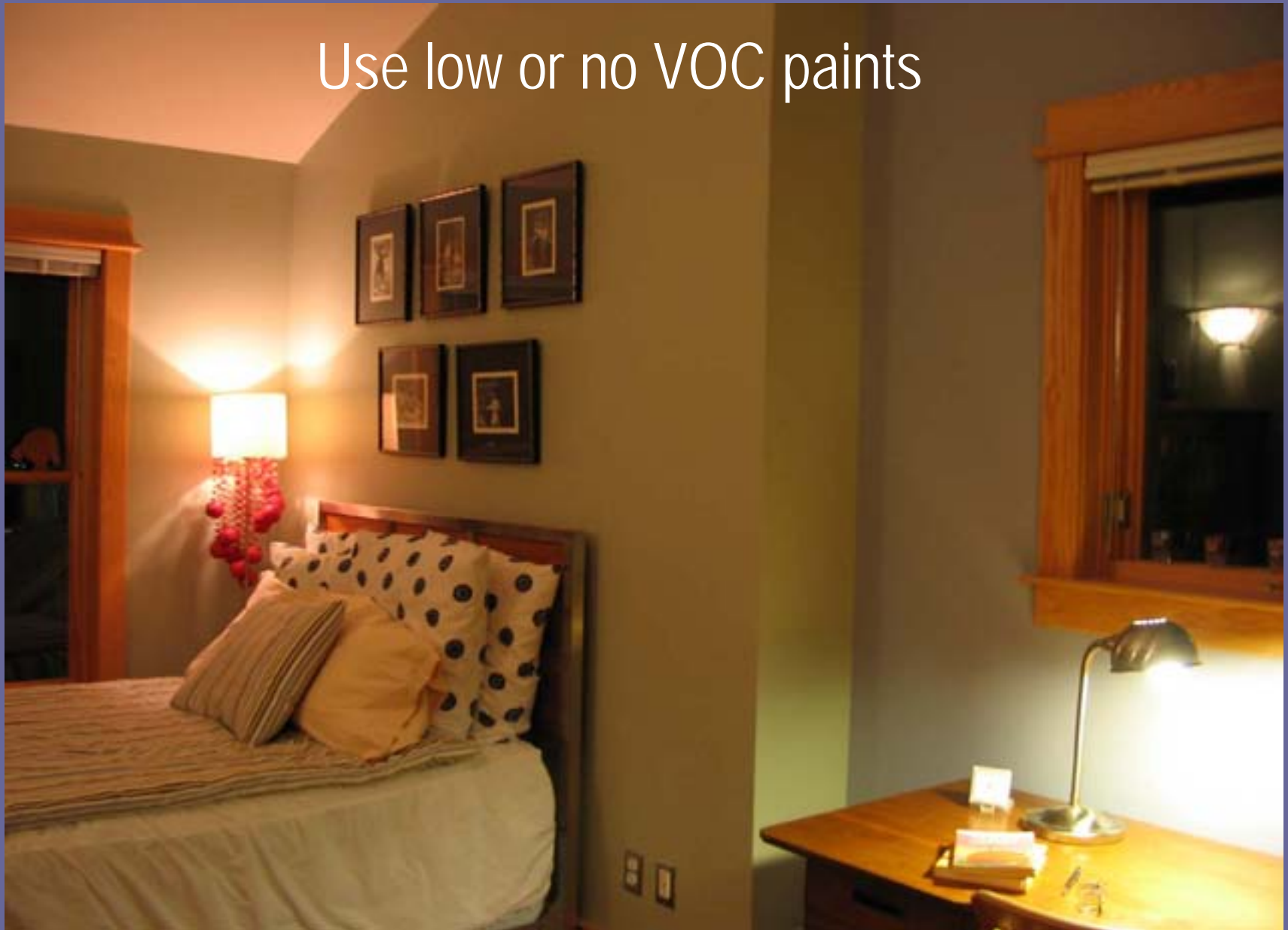
Recycled
oak fence
posts





Use wheatboard for shelving

Use low or no VOC paints





Use interior windows
to transfer natural
light from one room
to another



Utilize services and products
with these third party
certifications



Advocate - join with
others in your area
to support local
environmental
causes

Dickerson coal-
fired power
plant

Donate to environmental organizations



NRDC – Frances Beinecke <biogemsdefenders@savebiogems.org>



two of
our
favorites



Vote for environmental responsibility



Practice Peace